

Day of the Week _____ Menu _____ of _____											Menu Organization Worksheet												Fruits & Vegetables ONLY		All Other Items	
Menu	Components, Extras, & Condiments	Portion Size	CN Label	Component Contribution							Recipe/ Brand	Total # of Planned Servings	Added Fat	Added Sugar	Nutritional Info.											
			Y/N	M/MA	TG	WGR	GBD	F	V	M			Y/N	Y/N	Calories	Sat. Fat										

For Additional Resources, click on the following links:

• [Using the Food Buying Guide \(determine component contribution\)](#)

• [Using the Grain Equivalency Chart](#)

• [Calculating the Calories in a Recipe \(Using SuperTracker\)](#)

Vegetable Subgroup Worksheet										
							Daily Total		Added Sugar	Added Fat
Dark Green		Cup		Cup		Cup		Cup	N/A	
Red/Orange		Cup		Cup		Cup		Cup		
Beans/Peas (Legumes)		Cup		Cup		Cup		Cup	N/A	
Starchy		Cup		Cup		Cup		Cup	N/A	
Other		Cup		Cup		Cup		Cup	N/A	